

Eye Dominance Effects on Ergonomics

by
Elizabeth S. Yu, PT, CHT

Administrative Information Only



Overview

- There's no information on eye dominance and its effects on ergonomics
- What I learned about it is from observation
- Alan Milano, OD shared his knowledge about checking for eye dominance

Observations

- Larger and wider screens

- Changed:
 - Monitor distance
 - Monitor height
 - “Center”

- Caused:
 - Neck rotation
 - Neck extension



What to Watch For


- Position of the screen – distance, position, height (farther than typical “arm’s length”)
- Position of the user – neck, trunk relative to the screen
- Ask about discomfort – “Where”
“When”

What About Eye Dominance?

- If monitor is centered relative to user and you still see neck rotation, or user complains of neck discomfort
- If monitor is centered relative to user and still feels uncomfortable sitting right in front of the computer
- Consider the possibility that the monitor may already be “centered” even if it physically isn’t
- Cross dominance – hand dominance does not automatically determine eye dominance



How To Check for Eye Dominance

 Frame a faraway object, with **BOTH EYES OPEN**, within a hole made by overlapped thumb and fingers.

Close one eye, then the other. The eye that maintained the object in place is your dominant eye.




How To Check for Eye Dominance

 Have your client frame and look at YOUR dominant eye.

The eye that you are looking at is their dominant eye.



How To Check for Eye Dominance

 Have the client look through a (fake) eyepiece or similar object.

The eye that they use to peer through it is their dominant eye. Similarly, it is the eye they use to see through a camera viewfinder, shoot a bow and arrow or gun with.



Positioning the Monitor

- Position the monitor *relative to their dominant eye*
- **ALWAYS CHECK FOR USER COMFORT!!!** Let them know it is okay to change their monitor position later.
- Eye dominance may also affect copyholder or reference material position

Informative Websites

 <http://www.office-ergo.com/setting.html>